

**WHAT IS CLAIMED IS:**

1. Beads comprising a carrier liquid and flocculated microcrystalline cellulose.
2. The beads of claim 1 further comprising a texture modifier.
3. Beads of claim 1 further comprising an oil.
4. A process for making the beads of claim 1 comprising the steps of a) dispersing colloidal microcrystalline cellulose in water to form a dispersion and b) flocculating the colloidal microcrystalline cellulose by adding said dispersion to a setting bath comprising a flocculating agent to form said beads.
5. A process for making the beads of claim 3 comprising the steps of a) dispersing colloidal microcrystalline cellulose in water to form a dispersion, b) homogenizing said dispersion with an oil phase comprising at least one oil to form an emulsion and c) flocculating the colloidal microcrystalline cellulose by adding said emulsion to a setting bath comprising a flocculating agent to form said beads.
6. A process of claim 4 wherein said flocculating agent is selected from a setting salt, an organic solvent, a pH modifier or a cationic material.
7. A composition comprising the beads of claim 1 wherein the composition disintegrates upon rubbing on the skin.
8. A cosmetic, pharmaceutical, nutraceutical, veterinary or food composition comprising the beads of claim 1.

9. Beads of claim 2 further comprising an oil.
10. A process for making the beads of claim 2 comprising the steps of a) dispersing colloidal microcrystalline cellulose in water to form a dispersion and b) flocculating the colloidal microcrystalline cellulose by adding said dispersion to a setting bath comprising a flocculating agent to form said beads.
11. A process of claim 5 wherein said flocculating agent is selected from a setting salt, an organic solvent, a pH modifier or a cationic material.
12. A composition comprising the beads of claim 2 wherein the composition disintegrates upon rubbing on the skin.
13. A composition comprising the beads of claim 3 wherein the composition disintegrates upon rubbing on the skin.